

Wednesday's Wisdom

August 15, 2012



Welcome back to the new school year! This month's WW is full of USDA resources, so read carefully and take some time out of your busy opening days to browse the internet. While you are at it, remember to look around at the BNPS website: <http://education.nh.gov/program/nutrition/index.htm>
Note: If you are ready to submit your 6 cents certification info to us, please send it in electronically.

Are You on the Team?

Become a *Team Nutrition School* and use the Department of Agriculture's Team Nutrition materials to help children make healthy food choices and be physically active. Team Nutrition Schools can also participate in the HealthierUS School Challenge.

Signing up is easy and free. Send in your Team Nutrition Enrollment Form today!

<http://teamnutrition.usda.gov/team.html>

HealthierUS School Challenge: New Application Materials

Schools are now invited to apply for recognition under 2012 HealthierUS School Challenge criteria. All new applications submitted to the State agency on or after July 1, 2012, will be using the new criteria. The 2012 HealthierUS School Challenge Criteria Chart, Brochure, and Application Files are available on the Team Nutrition Web site. <http://teamnutrition.usda.gov/team.html>

The HealthierUS School Challenge 2012 Presentation is now available!
Coming Soon: HealthierUS School Challenge Frequently Asked Questions

Coming Soon From Team Nutrition

Serving Up MyPlate: A Yummy Curriculum

This is inquiry-driven curriculum lessons for grades 1-6. It also includes 3 original songs and poster. Online version expected October 2012.

Presidents' Circle Nutrition Education Award to the USDA's HealthierUS School Challenge

On October 8, the Academy of Nutrition and Dietetics' Board of Directors will present USDA's HealthierUS School Challenge with the 2012 Academy/Academy Foundation Presidents' Circle Nutrition Education Award. This prestigious award is in recognition of the development and dissemination of scientifically sound nutrition information that is unique in concept, creative in presentation, free from specific commercial message or endorsement, and consistent with the mission, vision, values, positions, and policies of the Academy and its Foundation. Come to see the award presented at the Member Showcase on Monday, October 8, 2012 at the Food & Nutrition Conference & Expo, October 6-9, 2012 in Philadelphia, PA.

The School Day Just Got Healthier!

As America's children head back to school this fall, they'll find that The School Day Just Got Healthier! Visit their web site

<http://www.fns.usda.gov/cnd/healthierscholday/default.htm> and explore The School Day Just Got Healthier Toolkit—a collection of resources to help inform your school community about the new changes to school meals.

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Visit Team Nutrition at Upcoming Events

Team Nutrition will exhibit nutrition education resources, including new and soon-to-be-released resources, at the following events:

- **Food & Nutrition Conference & Expo**
October 6-9, 2012 in Philadelphia, Pennsylvania
Visit us at booth # 208 or at the following presentation and poster sessions:
Making MyPlate Their Plate: Research-Based Messages for Children Presentation, Sunday, October 7, 2012, 1:30 PM - 3:00 PM
Recipes for Healthy Kids Competition Poster Session, Tuesday, October 9, 2012, 9:00 AM – 12:00 PM
- **Annual APHA Film Festival**
October 29 - 31, 2012 in San Francisco, California
Team Nutrition will present the following:
Healthier Middle Schools: Everyone Can Help, Session One, Tuesday, October 30, 2012, 12:30PM-2:00PM

Association for Middle Level Education (AMLE)

November 8-9, 2012 in Portland, Oregon

New Resources from Team Nutrition

Nutrition Voyage: The Quest to be Our Best

<http://teamnutrition.usda.gov/Resources/nutritionvoyage.htm>

Nutrition Voyage: The Quest To Be Our Best takes 7th and 8th grade classes on an exploratory journey into school wellness. There are three inquiry-driven lessons for each grade, which include:

- Engaging ways for students to learn about making healthy nutrition and physical activity choices
- Standards-aligned activities for Math, Science, and English Language Arts
- Opportunities for students to investigate, participate in a challenge, evaluate, and reflect.

Whether your class is embarking on the challenge to reach “Produce Peak,” investigating nutritious snack choices to fuel the trek, or conducting a school survey, it’s sure to be an exciting adventure. *Trek on!*

Healthier Middle Schools: Everyone Can Help

<http://teamnutrition.usda.gov/Resources/healthiermiddleschools.htm>

This series of communication tools is designed to help you engage teachers, principals, parents, food service managers and students in school wellness efforts. The dynamic 1.5-3 minute videos are perfect for your back-to-school night and staff trainings. Color handouts reinforce the message.

NEW! Print materials and DVDs are now available upon request. <http://tn.ntis.gov/>

Make Half Your Plate Fruits and Vegetables Poster

http://teamnutrition.usda.gov/Resources/myplate_halfplateposter.html

This poster shows elementary school students how to make half their plate (or tray!) fruits and vegetables. Featuring foods prepared from Recipes for Healthy Kids winning recipes, these images will help children put this dietary advice into action. Printed posters are available to schools and child care centers, upon request, from Team Nutrition. <http://tn.ntis.gov/>

Food Buying Guide Revision for School Meal Programs

<http://teamnutrition.usda.gov/Resources/foodbuyingguide.html>

The Vegetables and Fruits Section of the Food Buying Guide has been revised to address the new meal pattern requirements for the school meal programs. Changes include the separation of Fruits and Vegetables into different subsections. Each vegetable is also associated with its appropriate vegetable subgroup (Dark-Green, Red/Orange, Beans & Peas, Starchy, or Other vegetables).

Best Practices Sharing Center

Find resources and tools other School Food Authorities and State Agencies are using to serve healthy menus that meet the new school meal regulations. Do you have a resource to share? Email it to us at hmr@ars.usda.gov!

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New Materials Developed by States

Creating Positive and Pleasant Mealtimes for Schools and Early Childhood Programs

Montana Team Nutrition.

<http://healthymeals.nal.usda.gov/state-resources/creating-positive-and-pleasant-mealtimes-schools-and-early-childhood-programs>

This training resource addresses a variety of mealtime scenarios and tips for positive meal time practices. Materials include a video, poster, handouts, PowerPoint presentation, and recorded webinar. Separate resources are available for school professionals and child care providers.

Healthy Hunger-Free Kids Act Meal Pattern Calculator

Kansas Team Nutrition.

http://www.kn-eat.org/SNP/SNP_Menus/SNP_Guidance_Menu_Planning_M2_Forms.htm

This Excel spreadsheet can help schools plan menus in accordance with the new school meal regulations.

Great Trays 3-week Cycle Menu

Minnesota Department of Education.

<http://www.health.state.mn.us/schools/greattrays/pdfs/SampleCycleMenu.pdf>

These 3-week cycle menus use the new meal pattern requirements and are available for different age groups.

Nutrition Education for Early Childhood

Wisconsin Department of Public Instruction.

http://healthymeals.nal.usda.gov/hsmrs/Wisconsin/nuted_early_childhood.pdf

This resource provides three activities for use in early childhood settings. Each lesson includes information about corresponding Content Standards and Performance Standards, as well as a summary and key concepts.

Hoosier Champions: School Nutrition and Activity Success Stories

Indiana Department of Education.

http://healthymeals.nal.usda.gov/hsmrs/Indiana/Hoosier_Champions.pdf

This publication showcases best practices from schools that implemented *GameOn! The Ultimate Wellness Challenge*. This new resource highlights fun and engaging nutrition and physical activities conducted in forty Indiana schools. The booklet is divided into sections representing different activities or events: Food Tasting, Nutrition Education, School Year Kick Off, Outdoor Physical Activity/Fitness, Family Events, School Clubs, Community Events, Before School Events, Outdoor Physical Activity/Fitness and Engaging Celebrities/Professional Sports Teams.

Role Modeling Action Guide: Promoting Healthy Eating and Physical Activity

Milwaukee County Nutrition and Physical Activity Coalition.

http://healthymeals.nal.usda.gov/hsmrs/Wisconsin/Role_Modeling_Action_Guide.pdf

This guide combines many available curriculums, tools, and educational materials for individuals and agencies to use to promote role modeling as a method of decreasing the rate of childhood obesity.

Leap of Taste: Child Care Nutrition Standards

West Virginia Department of Education Office of Child Nutrition.

<http://wvde.state.wv.us/nutrition/cacfp.html>

This book of nutrition standards is divided into four main components: Beverage Guidelines, Fruit and Vegetable Guidelines, Meat & Meat Alternates, and Grain & Bread Guidelines.

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Resources from the Healthy Meals Resource System

Recipe Finder <http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php>

Find standardized recipes, quantity recipes, USDA recipes, recipes from industry and more in this searchable database. Preset searches are available for fruit, vegetable, whole grains, and bean recipes.

Menu Planning Resources <http://healthymeals.nal.usda.gov/menu-planning-0>

Need some ideas for adding beans to the menu? Or incorporating more whole grains? The resources below offer tips for making menu changes in line with the new school meal regulations:

- **Beans** <http://healthymeals.nal.usda.gov/menu-planning/beans>
- **Fruits and Vegetables** <http://healthymeals.nal.usda.gov/menu-planning/fruits-vegetables>
- **Whole Grains** <http://healthymeals.nal.usda.gov/menu-planning/whole-grains>
- **Sodium Reduction** <http://healthymeals.nal.usda.gov/menu-planning/sodium-reduction>

HUSSC Criteria for Excellence

Promote healthy eating behaviors and physical activity with simple changes to the environment. These resources support the new HUSSC Criteria for Excellence:

Smarter Lunchrooms <http://healthymeals.nal.usda.gov/state-sharing-center-0>

Promote healthy eating behaviors with simple changes to the lunchroom environment at your school.

Walk or Bike to School

Communities can increase opportunities for daily physical activity by encouraging children to walk or bike to and from school. Use these resources to start or enhance a program in your area!

Recess / Recess Before Lunch

The daily exercise that results from recess helps to improve health and physical fitness, and there are many benefits to scheduling recess before lunch. Use these resources to learn more!

6 Cents Certification

Please note a change from our original instruction.

Instead of sending the 6 cents certification information via paper, please send this information via email if at all possible. Also, we will be training a small group of peer mentors. This group will consist of food service directors who will be trained in the 6 cents certification tool. Once trained, we will notify you of their contact information so that you may call or email any one of them if you need assistance on using the USDA 6 cents certification tool.

As always, you are welcome to call our office with any questions that you may have regarding the Child Nutrition Programs.

Have a great day and thank you for all that you do! Keep up the good work.